



Library Information Service

Lancashire and South Cumbria NHS FT

Library News

January 2026

Welcome to 2026. We hope you all had a lovely Christmas and New Year and look forward to the adventures set ahead for 2026. January is the perfect opportunity to set new goals, whether this at work or home and think about your own personal needs as well as others. This January many of you may be taking part in events such as Dry January or Veganuary—why not borrow one of our cooking books? We have enjoyed supporting our colleagues with the lived experience exhibitions this month—engaging with service users about their experiences and understanding stories through their reflective writing and art work. Our aim this year is to continually strive to deliver the best service to all our colleagues. Whether you need support with a literature search, article request or training session, we will try our best to answer your queries. Please come and visit us if you at the Lantern Centre or email us on: academic.library@lscft.nhs.uk. We are also pleased to announce that our lunch and learns have now become part of the 'We are always learning' sessions— aiming to mobilise further knowledge of teams, initiatives and learning across the Trust. This Health Information week—(Jan 19th—25th) we will be showcasing our work around the Lancashire Health Hub, promoting this within public libraries. We can deliver sessions in small groups or teams around the importance of health literacy and the impact this can have on patient care— please email the team to arrange a training session.

Dates for your Diary:

National Obesity Awareness Week—10-15th Jan
Health Information Week - 19-25th Jan

Cervical Cancer Prevention Week—19– 25th Jan
Race against Dementia Day—21st Jan

Welcome to Lancashire Health Hub

Helping you find trusted health information...

Find local Hospitals, GPs, Walk-in centres, Pharmacies, Libraries

Easy Read Services

lancashirehealthhub.nhs.uk

Si King & Dave Myers
THE HAIRY DIETERS GO VEGGIE
KATE ALLISON KAY FEATHERSTONE
Pinch of Nom
QUICK & EASY 100 DELICIOUS SLIMMING RECIPES
Jo Scarratt-Jones Gregg Wallace and Chris Bavin
Eat Well For Less Every Day
90 simple and delicious recipes from the BBC One series
Jo Scarratt-Jones Gregg Wallace and Chris Bavin
IT'S ALL GOOD
DELICIOUS, EASY RECIPES That Will Make You LOOK GOOD and FEEL GREAT
Gwyneth Paltrow and Julia Ustinish
the clever guts diet recipe book
350 delicious recipes to mend your gut and boost your health and wellbeing
DR CLARE BAILEY with nutritionist JOY SKIPPER
Introduction by DR MICHAEL MOSLEY
MARY BERRY
Simple Comforts
120 delicious recipes from the BBC One series
Mary Berry

How Do I?

Find guidance for the NHS around clinical conditions?

Access the [NICE guidelines](#) to find evidence based recommendations around conditions and diseases. Guidance and quality standards are easily accessible.

Links to the British National Formulary (BNF) can also be found supporting you with key information on the selection, prescribing, dispensing and administration of medicines.

WE ARE ALWAYS LEARNING

LIVED EXPERIENCE ART EXHIBITION
Guest speaker: Annabel Butterworth (Community Nurse)

Learn about:

- What the art exhibition entailed
- Feedback from staff and service users about sharing their stories
- How you can get involved

WEDNESDAY 21ST JAN 12-1PM

Community Body academic.library@lscft.nhs.uk

For any more information, support or queries regarding any resources in this newsletter please email:

Academic.library@lscft.nhs.uk

Opening Hours:

9:00am – 4:30pm Monday to Friday

Gosall Library | Lantern Centre | Vicarage Lane | Preston | PR2 8DW